

# Making High Calorie Baby Formula from Powder

☐ 22 calories    ☐ 24 calories    ☐ 27 calories    ☐ 30 calories    ☐ Other \_\_\_\_\_

## What is high calorie baby formula?

Most baby formulas have 20 calories in each 30 mL or one ounce. **Sometimes, babies need more calories than this to help them grow.**

When we increase the amount of powder, it gives your baby the extra calories they need. We call this fortified formula.

## What formula should I buy?

Buy any brand of **powdered** baby formula. Check the label. Make sure the powder you choose is for babies **0 to 12 months old**.

## What do I do to prepare?

Have a food thermometer on hand.

Before making your baby's formula, always wash and sterilize the bottles and the measuring tools used for mixing.

1. Wash your hands in warm, soapy water.
2. Wash the scoop, bottles, nipples, rings, caps, measuring cups, tongs, and knife in hot, soapy water. Rinse well.
3. Place all these items in a large pot  
Add water to the pot until you cover the items with water. Keep the tong handles out of the water.
4. Bring the water to a rolling boil for 2 minutes. Leave the pot uncovered.
5. After 2 minutes, use the tongs to remove the other items and place them on a clean towel. Use items right away or allow them to air-dry on the towel if not using right away.

## How do I mix the formula?

1. Wash your hands in warm, soapy water.
2. Boil water for 2 minutes in a large pot or the kettle. Only use an electric kettle if the kettle stays boiling for a full 2 minutes after it starts to boil.
3. Let the water cool to 70°C (158°F). Check the temperature with the food thermometer. Water must be warm to kill harmful germs in the powder.
4. Measure water in a bottle with clear measurement markings or a measuring cup.
5. Measure the formula powder using the scoop that came in the container. Use the flat side of the knife to level the scoop.
6. Add the formula powder to the cooled water and mix well.

## How much powder do I add to the formula?

Calories	Amount of Water	Amount of Formula	Total Amount
<input type="checkbox"/> 22 calories	105 mL	2 scoops	118 mL
	160 mL	3 scoops	180 mL
<input type="checkbox"/> 24 calories	95 mL	2 scoops	108 mL
	145 mL	3 scoops	165 mL
<input type="checkbox"/> 27 calories	85 mL	2 scoops	98 mL
	125 mL	3 scoops	145 mL
<input type="checkbox"/> 30 calories	75 mL	2 scoops	88 mL
	110 mL	3 scoops	130 mL
<input type="checkbox"/> ____ calories	____ mL	____ mL	____ mL

mL = millilitre

**Always use formula scoop and standard measuring cups**

### How long is the mixed formula safe?

You can keep mixed formula in a covered container for up to 24 hours in the refrigerator. Throw away all unused mixed formula after 24 hours.

You should use any warmed bottles of mixed formula within 2 hours after warming.

#### Never freeze mixed formula.

Freezing makes the formula lumpy. It also changes the nutrients in the formula.

### How long is the powdered formula safe?

Once opened, tightly cover the container and keep in a clean and dry place.



Label the container with the date you opened it.

Use the powder within one month. **You must throw away any powder left in the can after one month.**

### How do I feed my baby the fortified formula?

1. Gently shake the bottle of formula.
2. Warm the bottle by placing the bottle in warm water. **Do not** use a microwave to heat the formula. This creates hot spots and can burn your baby's mouth.
3. Gently shake the bottle again.  
Always test the temperature of the milk before you feed your baby.
4. Throw away any formula left in the bottle after a feed.

### What if my baby and I are away from home when it is time for a feed?

If you will be away from home for **less than 2 hours**, keep the fortified formula in a cooler bag with an ice pack. After 2 hours, you must throw the fortified formula away.

If you will be away from home for **more than 2 hours**, it is safest to breastfeed / chestfeed your baby. If that is not an option, bring unopened bottles of ready-to-feed formula to feed to your baby.

**Note:** Ready-to-feed formula is 20 calories in each 30 mL. It should not regularly replace fortified formula.

### How long will my baby need fortified formula?

Every baby is different. Some babies need fortified formula longer than others.

Your child's doctor (pediatrician) and/or dietitian will check your baby's growth and help you to decide when to stop fortifying your baby's formula.

### What if I have questions?

Ask your hospital dietitian

Name: \_\_\_\_\_

Phone: \_\_\_\_\_ ext. \_\_\_\_\_

Speak to a registered dietitian or registered nurse at [HealthLinkBC](#). Phone: 8-1-1

Contact a nurse with Fraser Health Virtual Care. Available 10:00 a.m. to 10:00 p.m. daily.

Phone: 1-800-314-0999

Live chat: [fraserhealth.ca/virtualcare](https://fraserhealth.ca/virtualcare)